

# Are You Living Well in Retirement?

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Free information packets, giveaways and pedometer drawings

As a current Kentucky state government retiree or Kentucky retired teacher, you're invited to learn more about your health and wellness benefits!

**What:** Living Well in Retirement Tour

**Time:** Between 9 a.m. and 2 p.m. local time



**Locations and Dates:**

**Louisville**

May 28 & 29

Louisville Guidance Center, 1918 Hikes Lane

**Hebron**

May 30

Doubletree Hilton, 2826 Terminal Drive at Cincinnati Airport

**Frankfort**

June 10

Capital Plaza Hotel, 405 Wilkinson Boulevard

**Lexington**

June 11

Marriott Griffin Gate, 1800 Newtown Pike

**Morehead**

June 12

Hampton Inn, 500 Hampton Way

**Bowling Green**

June 17

Knically Conference Center, 2355 Nashville Road

**Hosted by:** Kentucky Retirement Systems, Kentucky Teachers' Retirement System, Kentucky Employees' Health Plan and HumanaVitality®

**Learn about:** [HumanaVitality](#), pharmacy services, healthy eating and nutrition, guidance for chronic disease and self-management, and Walk With Ease Program. [Vitality Checks](#)® (biometric screenings) provided to KEHP members – 9 to 12 hours of fasting prior to test is recommended.

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Reservations are not required. For more information, call the number on the back of your health insurance card Monday - Friday 8 a.m. - 8 p.m.

